

"Power that gains only envy," said Hi Ho, the sage of Chinatown, "has succeeded only in making a few seem happy by making others appear luckless by comparison."

MAKE YOUR MEAL COMPLETE with



MEAT

the center of the well-balanced diet.

Our Market Is the Shopping Center of Satisfied Customers.

Country Style Sausage....20c lb.

Pork—Link Sausage....25c lb.

Bulk Kraut.....15c qt.

Fresh Kipperd Salmon.....30c lb.

Ham Shanks. 15c lb.

Ham Loaf. 17c lb.

Veal and Ham

Pard Dog Food 3 for 25c

Red Rock Cheese.....20c lb.

QUALITY MARKET

The Ideal Meating Place

Fred Anderson, Prop.

Phone 46

Free Delivery All Day

Where to Buy

Only 33 Acres Burned In Umpqua Forest

A record of only 23 fires and 33 acres of land burned over was established by the Umpqua national forest in 1934, according to a recently completed fire report of the forest. This was a marked decrease over former years. Last year's record places the local forest as one of the leading forests in Oregon and Washington, according to V. V. Harpham, supervisor.

For the preceding year, 1933, 23 fires occurred on the forest and 260 acres of forest land was burned over.

An especially bright spot in the report was the decrease in number of incendiary fires. These fires have been reduced steadily from 131 in 1931 to only one last year. Total man-caused fires have been reduced from 149 to 15 during this period, the report shows. This indicates a marked rise in public interest and responsibility in the care and preservation of the forests. It shows the people of Douglas and Lane county are endeavoring to do all they can to foster their greatest resource and industry.

MOSBY CREEK.
April 9.—Ed Holmes of Albany was a caller one day last week at the D. H. Brumbaugh home.

Mrs. Gregory, teacher of the Blue Mountain school, took four of her pupils to Eugene Saturday for a market tour.

John Wiley of Newberg spent the week end at the George Morris home. Mr. Wiley is Mr. Bain Morris' father.

The Fred Overton family visited Sunday at the Gilbert home at Hebron.

A large number attended a program and basket social at Walden school Friday night.

George Potts, who has been severely ill, is able to do some light work now.

Mr. and Mrs. Harvey New and children of Mohawk visited with Mrs. Fanny Palmer two days last week.

The Brewster mill resumed Monday, after a three weeks' shutdown.

Mr. and Mrs. Hain Morris of Pongia spent the week end at the George Morris home.

Mr. and Mrs. Bus Pitcher and son Monty are staying with Doc Pitcher.

Friends of John Allen, who is in Tula-mook with a son Charles, have received word that he has been severely ill.

SATURDAY SPECIALS

A Variety of Delicious Bakery Products

which we guarantee to be fresh and give you satisfaction

• Pies
• Cookies
• Sweet Rolls
• Various Kinds of Bread

CITY BAKERY

Morgan & Fullmer

Irish-Swartz Remodel Store

The Irish-Swartz store will take on a new appearance next week when the front and vegetable counter will be altered. The front of the store will be completely remodeled along the new type of open fronts which will make an open air market of the most modern design. A new vegetable counter will also be installed, which will display vegetables in an interesting and practical manner.

Plans have been made for the changes, the forms have been constructed and are ready to be installed, and the actual work on the store will begin Sunday. Irish-Swartz will continue serving their customers during the alteration.

Dishes to Cook
While Cook Away

By Fred Anderson.
Mrs. Housewife's first thought when planning a meal is what kind of meat shall I serve. I must fix some meat dish that will cook while I am at club. Several tempting dishes may be served and are easy to prepare. She may have roast beef and brown gravy with potatoes around the roast, or, if she wishes, to take just a minute longer she may prepare Spanish rice with hamburger and tomatoes. In addition to this there is always delicious casseroled swiss steak with tomatoes.

THORNTON CORNERS.
April 9.—Mrs. Clifford Allen of Cottage Grove visited one afternoon last week with her mother, Mrs. Dick Bailey, at the John William home.

Miss Bernice Mosby of Dorona was a week-end visitor at the C. H. Boushough home.

Mrs. Frank LaBlue and daughters of Hebron visited Thursday afternoon with Mrs. LaBlue's mother, Mrs. Mary Smith.

Mrs. Lowell Benton of Ragunaw was a visitor Friday at the home of her parents, Mr. and Mrs. W. K. Kene.

Miss Nellie Chapman and Marshal Phillips of Haystack visited Sunday with Mrs. Chapman's uncle and aunt, Mr. and Mrs. George Foster.

Miss Opal Myers of Dwight valley spent the week end at the Henry Lake home.

Mrs. Richard Martin of Walden visited Monday with a sister, Mrs. C. R. Trent.

Mrs. Bert Lancaster, Mrs. Fred Frazee and family of Blue Mountain were dinner guests of Mrs. George Foster Thursday.

Mr. and Mrs. Ernest Sears of Dwight valley were visitors Sunday afternoon at the James Plaster home.

Mr. and Mrs. Kene entertained at dinner Sunday the Howard Kene family of Crested and the Cascade Valley family of Cottage Grove.

Mr. and Mrs. L. R. Smith visited Wednesday in Springfield with Mrs. Homer Smith and other relatives.

Sunday dinner guests at the Henry Lake home were Mr. and Mrs. Andrew Jeters of Clifton, Wash., Mrs. Mary Cole of Eugene, Mildred Cole of Maroon, Miss Violet Cole and George Carey of Triangle Lake.

The Ray Myers family of Dwight valley, the Lewis Layne family of Gresham and the D. L. Miller family of Mount View.

Charles Smith of Clap Creek visited briefly one evening last week with his brother, Mrs. Mary Smith.

Mr. and Mrs. L. R. Smith entertained the Neighborhood Bridge club Saturday evening and served a covered dish dinner.

Keith Lyons and Lewis Lyons of Cottage Grove spent Sunday evening at the R. H. Olson home.

The Goodville Neighborhood club met Wednesday with Mrs. Henry Lake. The time was spent quilting.

The Frank Cusick family of Abaduro visited Sunday at the Pete Tomlin and J. W. Fisher home.

The Louis Premazzi family, Chris Tomlin and Mr. and Mrs. A. Tomlin were dinner guests Sunday at the Steve Tomlin home in Pass creek canyon, where a family reunion was held in honor of the sixtieth anniversary of Mr. and Mrs. A. Tomlin.

NOTICE OF FINAL SETTLEMENT.
Notice is hereby given that the undersigned has filed her final report and account as the administrator of the estate of L. R. Long, deceased, and of the partnership of L. R. Long and C. G. Craven, doing business as Service Garage, with the county court of Lane county, state of Oregon, and an order has been made and entered of record directing this notice and setting the 18th day of April, 1935, at the hour of 10 o'clock in the forenoon of said day as the time, and the county court room, county court house, Eugene, Lane county, state of Oregon, as the place, for the hearing of objections, if any, to the final account and final settlement of said estate.

Dated and published this 14th day of March, 1935.
Date of last publication April 11, 1935.
GLADY TOWER, Administrator of the Estate of L. R. Long, deceased, and the Partnership of L. R. Long and C. G. Craven, doing business as Service Garage.
John R. Mealey, m14-411e
Attorney for Administrator.

Tobacco Sp'c'ls

Prince Albert
15c cans...2 for 19c
16-oz. can.....69c

Union Leader
10c cans
2 for.....15c

Granger
10c pkgs.
2 for.....15c

Advertiser
10c pkgs.
2 for.....15c

CORN
Lindy—Golden Bantam
3 cans 25c

PEAS
Raycroft—No. 2 Cans
2 cans 25c

Catsup Yolo Large Bottles each 10c

String Beans
Three Sisters
3 cans 25c

Corned Beef
Armour's
2 cans 25c

Bohemia Days April 26-27

Peet's Granulated Soap
Extra Special
3 Large Packages.....50c

Schilling Baking Powder
12-oz. can.....29c

Snowflake Crackers
2-lb. box.....29c

Salad Dressing
Nally's
Quart Jar.....35c

Relish Spread
Nally's
Quart Jar.....35c

NALLEY'S MAYONNAISE.....Pint Jar.....25c

Valley Rose Flour
Valley Hard Wheat
49-lb. bag.....\$1.35

Delicious Flour
Guaranteed Hard Wheat
49-lb. bag.....\$1.65

Close Out
FISHER'S BLEND or GOLD MEDAL
49-lb. bag.....\$1.89

SEE OUR DISPLAY OF FRUITS AND VEGETABLES BEFORE YOU BUY
WE SPECIALIZE IN QUALITY

MEAT DEPARTMENT

BOSTON BUTTS.....lb. 26c

SALT PORK.....lb. 19c

Bacon Squares.....lb. 20c

PORK ROAST.....lb. 19c

BEEF ROAST.....lb. 15c

Pork Sausage.....lb. 18c



Phone 53 Free City Delivery

Our Money Back Guarantee Protects You



Sugar Fine Cane—Cloth Bags 10 lbs. 49c
100 lbs. \$4.85

This Is Your Last Chance at This Price

COFFEE SPECIALS

Economy Blend 1 lb.19c

Irish's Special 2 lbs.39c

Irish-Swartz Coffee 1-lb. Glass Jar29c

2-lb. Glass Jar57c

Quality Guaranteed

Post Toasties...3 pkgs. 19c

H-D JELL POWDER Assortment of Flavors

6 Packages.....25c

RAGSDALE VANILLA 1-8-oz. Bottle All for 35c

1-4-oz. Bottle

Close Out

FISHER'S BLEND or GOLD MEDAL

49-lb. bag.....\$1.89

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49-lb. bag.....\$1.89

Close Outs

Salad Aid
Pint jar.....19c

Quart jar.....29c

(Close Out)

Tomato Juice
Taste Tells
15-oz. can
5c

While They Last

(Close Out)

Crackers
Delicious
Grahams and Wafers
1-lb. pkg.
10c

Escaloped Oysters

By Mrs. C. K. Haynes.
1 pint Blue and White oysters.
18 crackers.
1 teaspoon Rumford baking powder.
1 teaspoon salt.
1/4 teaspoon pepper.
1/2 pint milk.

Place oysters in baking dish and sprinkle with salt and pepper. Mix baking powder lightly with cracker crumbs and add to oysters. Sprinkle lightly with milk. Bake in moderate oven 20 minutes.

Lumber Shipments Show Increase.
Washington, April 5.—Lumber shipments for the week ended March 30 were reported by the National Lumber Manufacturers' association today to have been exceeded only once in 1935.

Compared with the 1934 week the association said shipments were 10 per cent higher while orders showed an increase of 6 per cent and production was 8 per cent lower.

Wantads Strictly Cash.
Rubber Stamps. The Sentinel.
Your Home Print Shop First.
Box Letter Files. Sentinel.

Grade "A" Pasteurized Milk

DOES YOUR CHILD HAVE A QUART OF PASTEURIZED MILK DAILY?

Growing boys and girls, especially in the "six to fourteen" age, need wholesome muscle-building foods.

In milk nature has supplied just such a food. Milk contains bone, muscle and teeth building material, plus vitamins for growth and disease resistance.

TEN REASONS WHY EVERY CHILD NEEDS ONE QUART OF MILK DAILY

1.—MILK is essential to the best development of bones and teeth.

2.—MILK builds good muscle.

3.—MILK helps to preserve balance in the diet.

4.—MILK helps correct the deficiencies of the modern diet.

5.—MILK promotes growth and vitality and increases resistance.

6.—MILK furnishes energy for warmth and work.

7.—MILK is easily digested.

8.—MILK is the best health-protecting food.

9.—MILK, a quart of it, supplies over 50 per cent of the day's essential food needs.

10.—MILK gives more food value for less cost than any other food.

FRESH CULTURED BUTTERMILK

Buttermilk contains essential vitamins, proteins and minerals so necessary for good health.

ORDER YOUR SUPPLY FROM US

J. S. POWELL DAIRY

Phone 186-R

505 Fifth Street

How to Serve

Citrus Fruits Are Popular

By William Haldeman.
Oranges and grapefruit have long been popular at breakfast time. These delicious fruits have recently been shown by science to have particular merit in the maintenance of health, especially of the teeth and gums.

Dentists recommend two eight ounce glasses of orange juice with the juice of half a lemon added to each, daily, as a preventative of tooth decay and gum troubles.

Citrus fruits are very valuable in a reducing diet. They contain sugar that makes it possible to burn safely the fat and thus prevent the acetone type of acidosis caused from incomplete burning of the fats.

Mince Meat Cake
By Mrs. C. K. Haynes.
Add 1/2 teaspoon Red and White cream tartar to six large egg whites and beat until foamy light. Beat in 1/2 cup sugar and set aside.

Beat one-third cup of butter until light; gradually cream in one cup of sugar. Sift and measure 2-5/8 cups of Red and White cake flour. Add alternately to the butter 1-2/3 cups mince meat; 1-3/4 cup of milk and 2-5/8 cups Red and White cake flour. To the last 1/2 cup of flour add four teaspoons of Red and White baking powder slightly rounded and add cake mixture. Add Red and White vanilla to taste—1 or 2 teaspoon. Preheat oven to 250 degrees and gradually rise to 375 about 45 to 55 minutes.

Escaloped Oysters
By Mrs. C. K. Haynes.
1 pint Blue and White oysters.
18 crackers.
1 teaspoon Rumford baking powder.
1 teaspoon salt.
1/4 teaspoon pepper.
1/2 pint milk.

Place oysters in baking dish and sprinkle with salt and pepper. Mix baking powder lightly with cracker crumbs and add to oysters. Sprinkle lightly with milk. Bake in moderate oven 20 minutes.

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Buttermilk contains essential vitamins, proteins and minerals so necessary for good health.

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J. S. POWELL DAIRY

Phone 186-R

505 Fifth Street

Say It With Flour

Kitchen Queen Flour
Hard wheat—49-lb.sack.....\$1.79

Corn Flakes, Wheat Flakes
3 for.....25c

Tomatoes
Solid Pack No. 2 1/2's—2 for.....25c

Toilet Soap
White King—4 for.....19c

Coffee
Royal Club—5-lb. tins.....\$1.45

Sunbrite Cleanser
4 for.....15c

Super Suds
While they last—4 for.....25c

Bring your coupons for Kellogg's
Pep, Rice Krispies, Corn
Flakes, Shredded Wheat
4 for.....29c

Soap
White Wonder—10 for.....25c

Baking Soda
1-lb. pkg.....5c

Crackers
Ritz Wonder.....23c

Crisco
1-lb. can 5c when sold with 3-lb. can 63c 68c

FARMERS UNION
Cottage Grove Oregon
426 Main Street Bohemia Days April 26-27

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